

# Ningwanuk Meshquajese — Wings of Change

## 7 Sacred Teachings



### Respect

Treat all your relations as you wish to be treated – we are all related – the four-legged, the two-legged, the winged ones, the ones that crawl, the plant nation, the rock nation. All My Relations.



### Humility

Be humble and walk Mother Earth in unpretentious simplicity with benevolence and modesty.



### Love

Has no conditions or borders. Is to give, to receive and to share.



### Truth

Speak with sincerity, walk with integrity; you will be truth.



### Honesty

Show fairness in word and action; be genuine and virtuous.

Let honesty be your guide and you will live in honour and happiness.



### Courage

Be strong, 'walk your talk'. Live by your beliefs, work for the good of all and bring harm to none. These are courageous ways.



### Wisdom

Common Sense is practical wisdom – it is found everywhere; in the words of the Elders and the wind in the trees.

## Sacred Teachings and Me

7 Sacred Teachings + 3 Workers Rights = Workers Path to Health and Safety

### The 3 Rights of Workers

- to know about workplace hazards
- to participate in health and safety committees
- to refuse unsafe work

**Two teachings that come naturally in my life and work.**

**Two teachings that are a struggle for me in my life and work.**